



THE

## SPECTRUM

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"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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## Pirates, Parrots, & Eye Patches: Siblings Weekend 2014



40 STUDENTS AND 80 PEOPLE IN ALL SIGNED UP FOR SIBLINGS WEEKEND.

THE SPECTRUM/AILEEN CASMANO

BY AILEEN CASMANO  
Staff Reporter

Ahoy Mate! This past weekend, the Student Events Team (SET) hosted the annual Siblings Weekend for all full time undergraduate students on campus. Every year, SET applies a theme for the weekend and plans events that tie into it.

"The whole theme of the weekend was pirate. We tie in the events and food with the theme every year," said sophomore Caroline Valenzano, an e-board member of SET. "This year, we had things like a treasure hunt, pirate's booty as a snack, and eye patches as giveaways."

It was the first siblings weekend for freshman Julia Gofiantini.

"I am very pleased with the events and happy my two brothers and sister could come," said Gofiantini.

In order to attend siblings weekend, each student was required to register in advance on the Sacred Heart website with their sibling(s).

"We had about 40 students sign up and 80 people in total that signed up," said Valenzano. "The entire weekend cost twenty-five dollars for a student and fifty dollars per sibling."

The themes for Siblings Weekend varies every year.

"My sister and I participated last year when it was a jungle theme, but we liked this year's even better," said sophomore Erin Burke.

"I love getting the chance to sleep over at a college and spend time with my sister," said Burke's younger sister, Darby.

The events began on Friday, Feb. 14 at 5 p.m. by checking in with SET and getting a free t-shirt in the University Commons Auditorium (UC). At 7 p.m. there was a screening of "Pirates of the Caribbean" in the UC along with sand art, a mechanical shark, and tropical smoothie drinks.

Saturday kicked off with brunch at 10 a.m. in 63's dining hall. It was followed by a scavenger hunt in the UC. Students and their siblings had to follow a pirate map to locate the treasure.

Then, everyone headed up the hill to watch the women's basketball game against Mount St. Mary's at the Pitt Center.

The day was wrapped up from 5-9 p.m. with a pirate themed dinner, exotic bird display, and a magic show.

The final day of siblings weekend was Sunday, Feb. 16. Breakfast was served in the UC at 10 a.m. along with a game of bingo. The day concluded with a Siblings Weekend Mass at 12:30 p.m. in the Chapel of the Holy Spirit. Parents, siblings, and students were all welcome to attend.



THE SPECTRUM/AILEEN CASMANO

THE EXOTIC BIRD DISPLAY WAS HELD ON SATURDAY OF SIBLINGS WEEKEND.



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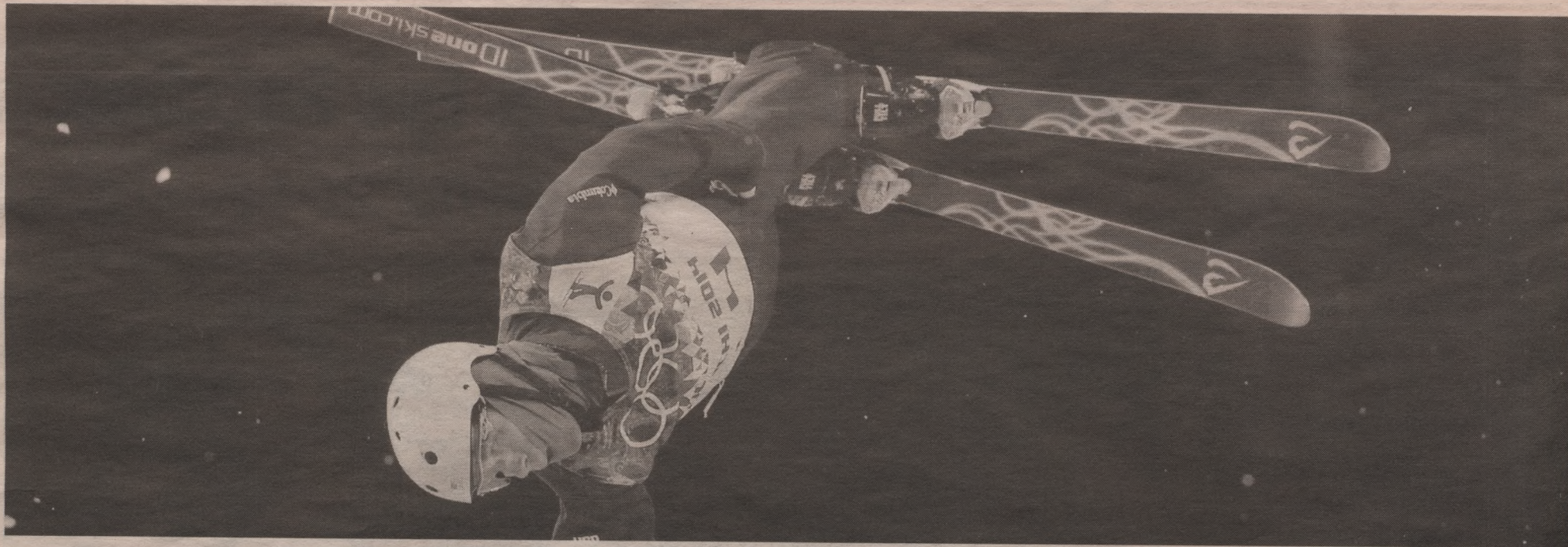
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# News

“Knowing people my age are competing really amazes me because it shows the courage they have since they’re competing against people much older.”  
—Sophomore Isabel Pagan

## Young Olympians in Sochi



MAC BOHONNON OF THE UNITED STATES JUMPS DURING THE MEN'S FREESTYLE SKIING AERIALS FINAL AT THE 2014 WINTER OLYMPICS.

AP PHOTO

BY ALYSSA ANDERSON  
Staff Reporter

What could make the snowy, bitter winter more exciting? The 2014 Winter Olympics and all the young athletes that bring enthusiasm and passion to a cold season.

The Olympic events include cross country skiing, luge, snowboarding, figure skating, hockey, curling, and many more. While many of the athletes are older and more experienced, some of them are the same age as students that go to college and even high school.

“Knowing people my age are competing really amazes me because it shows the courage they have since they’re competing against people much older,” said sophomore Isabel Pagan. “I know I’d feel intimidated, but it’s cool to see how confident they really are.”

Two of the young athletes competing in this year’s Winter Olympics are from Connecticut. 18-year-old Mac

Bohannon from Madison, Conn. is a part of USA’s freestyle skiing team. He started skiing when he was one-and-a-half years old and moved away from home at the age of 13 to follow his dream of becoming a freestyle skier.

“I played soccer with Mac when we were little and always knew that he was very good at skiing so I’m very happy for him that he made it to the Olympics and that he did it when he was so young,” said sophomore Tucker Hackett.

According to Mac’s seventh grade teacher Melissa Arms, his love for skiing was prominent.

“I could not be more proud and excited for Mac,” said Arms. “It has been so much fun to follow his career from the beginning to now where he is representing the USA in the Olympics. I will never forget how he would jump up onto the top of the doorway and do pull ups every time he left the class.”

An 18-year-old, Tucker West from Ridgefield, Conn. is on the U.S. Olympic luge team and is the youngest man ever on the team. He got his start when he and his father built a course in his own backyard. He moved to Lake Placid

after eighth grade to pursue his dream and train year round.

According to the NBC website, his family is very supportive of him and regardless if he wins or loses, they are proud of what he’s achieved.

“I think the young people competing deserve much respect for getting that far and making it to the Olympics,” said Pagan. “I feel it’s a one in a million shot, so win or lose they should be very proud of themselves.”

One of the other athletes getting attention is 15-year-old figure skater, Yulia Lipnitskaya. According to the Washington Post, she is the youngest Russian athlete to ever win an Olympic medal and the second-youngest gold medalist in figure skating history. She started skating at the age of four and by the age of 10, she had won every figure-skating tournament in her hometown city of Yekaterinburg.

“It’s great to see our generation in the Olympics. And to see them actually winning and stealing the show is amazing,” said sophomore Moses Webb. “It encourages our generation and gives the youth motivation.”

## Dr. Freeman Hrabowski, III: The Power of Change

BY PHIL FALCONE  
Staff Reporter

Dr. Freeman Hrabowski, III, President of the University of Maryland, Baltimore County, since 1992, spoke at Sacred Heart University’s Edgerton Center on Wednesday, Feb. 8.

His talk focused on the challenges we face in education, the issues of American demographics, the concerns regarding STEM (Science, Technology, Engineering and Mathematics) education, and how the values we consider as a society and as an individual are so important.

“Each of us is a collection of stories and who we are today has already been determined by our stories,” said Hrabowski.

He also shared some thoughts about what his mother taught him.

“There are two groups of people in the world,” she told him, “people whose dreams are fulfilled and those whose dreams are forever deferred. The difference between the two groups is education.”

Hrabowski raised a question to the audience, “Where would you be without an education?” He further explained how education can and does make a huge difference in the world.

Hrabowski co-founded the Meyerhoff Scholars Program in 1988, which encourages all high-achieving students to pursue advanced degrees and research careers in science and engineering and to advance underrepresented minorities in these fields. Through his research he found, “What we learned could help minority students, could help all students.”

As a child leader in the Civil Rights Movement, Hrabowski learned from Dr. Martin Luther King that “what children can do, can make changes.” Dr. King also taught

how, “the world can be better tomorrow.”

“Parent support is critical,” said Hrabowski. “Parents need to set high expectations. If parents are uncomfortable because the work is too hard that is a good thing. If the work is hard, it means someone cares.”

If parents want children to succeed, the new standards need to be implemented through mentoring, tutoring, summer work, after school programs and hard work. Hrabowski explained how important it is to listen to teachers and families “because they are the experts.”

He thinks that school officials need to start discussing STEM (Science, Technology, Engineering and Mathematics) and the humanities’ in “one paragraph.” He believes that students should have a broad education and expressed concern that STEM students are not comfortable with literature.

“Only 20% of underrepresented groups of blacks and a low percentage of whites graduate with a degree in STEM,” said Hrabowski.

Hrabowski described the number one reason students drop out of these STEM programs.

“This is because they get a D or an F in their first year. We would learn more in life if we learn how to be resilient,” said Hrabowski.

Before Hrabowski’s mother passed away, she left him with these words of advice, “Teachers touch eternity through their students. I let those children know how much I believed in them, we live on through our students.”

Ending his discussion, Hrabowski said, “I challenge you Sacred Heart, watch your thoughts they become your words, watch your words they become your actions, watch your actions they become your habits, watch your habits they become your character, watch your character it becomes your destiny, dreams and values.”

Many students and professors were in attendance and enjoyed his speech.

“The talk was very inspirational,” said Ellen Ruberri,

a graduate student majoring in Education.

Another graduate student, Meghan McGuinness said she liked what Hrabowski said about how “setting the bar high shows that people care instead of giving up and lowering standards.”

“I was inspired by the students and faculty here at Sacred Heart,” said Hrabowski in regards to his discussion at Sacred Heart. “It is clear that all students want to do well. I am convinced that this university will help everyone succeed.”



COURTESY OF THE COLLEGE OF EDUCATION  
DR. FREEMAN HRABOWSKI III ENCOURAGES ALL STUDENTS TO PURSUE AN EDUCATION.



# Perspectives

## Post Secret Revealed to SHU

BY KRISTINA BURGWIN  
Staff Reporter

On Feb. 10, secrets filled the Edgerton auditorium. Frank Warren, the creator of Post Secret, appeared at Sacred Heart University for a lecture to discuss the anonymous sharing of secrets, and its impact on many people's lives.

"I think we all have secrets," Warren addressed the crowd, "sometimes when we think we are keeping a secret, it may be keeping us."

Warren's goal was to create a safe place where people could feel free to share their private hopes, desires or fears; where their secrets would be treated with dignity in a non-judgmental way.

Since Post Secret's start in 2004, half-a-million anonymous postcards have been sent in and seven million people have visited Warren's website.

Warren said he personally struggled with a childhood secret of his own. By sharing and reading others' secrets, he gained the courage to share and express himself; he wanted to give that gift to others.

The Active Minds club sponsored the lecture. The club's goal is mental health awareness.

"When I joined Active Minds I knew that this was a special group of people. We all had our own stories and reasons for wanting to fight against the stigma of mental illness," said freshman Katharine Paris.

Some in attendance of this event were huge fans and have been following Warren for years.

"I've been following Post Secret since I was in high school. It's incredible how much it has grown. Warren was just a regular person who did something extraordinary," said junior Stephanie Nickerson.

Some fans traveled long distances and the auditorium was half packed with students to hear what followers call "the most trusted stranger in America."

"It takes a lot of courage to publicly announce a secret, and it inspired me to let go of my own and move on," said freshman Julianna DiDonato. "The best part of the lecture is when Warren shared voicemails from loved ones. Recently one of my best friends passed away due to cancer and I keep her text messages and Instagram posts on my phone. I can now let go of my secrets and help myself move on to become a better person."

Sacred Heart students could also actively participate in this event. They were asked to share some of their secrets.

"Publicly hearing SHU students share was very inspirational. It is one thing to send in your darkest secrets to be shown on the Internet because they are anonymous; it takes another level of courage to say them in front of your peers," said sophomore Tracy Donlon. "It was so moving to see everyone accept them, not judge, not try to tell them what to do but just thank them for sharing."

The secrets published in these books range from sharing a quick personal story to complex issues. One of the biggest topics he receives is suicide related.

"I loved this lecture and ended up crying a few times. I could tell others were as well. This lecture showed me that we all carry around secrets, hiding them from people. But, what we do not realize is that these secrets also connect us with others," said Donlon.

Warren never thought Post Secret would ever turn into the phenomenon it has and reach millions of people. The idea of sharing secrets leads way to interesting questions about better tolerance and understanding if secrets are revealed.

"Post Secret was so empowering and motivating. It taught me to always be nice to people because everyone has a story and you just never know what that story is," said freshman Katie Guarino.

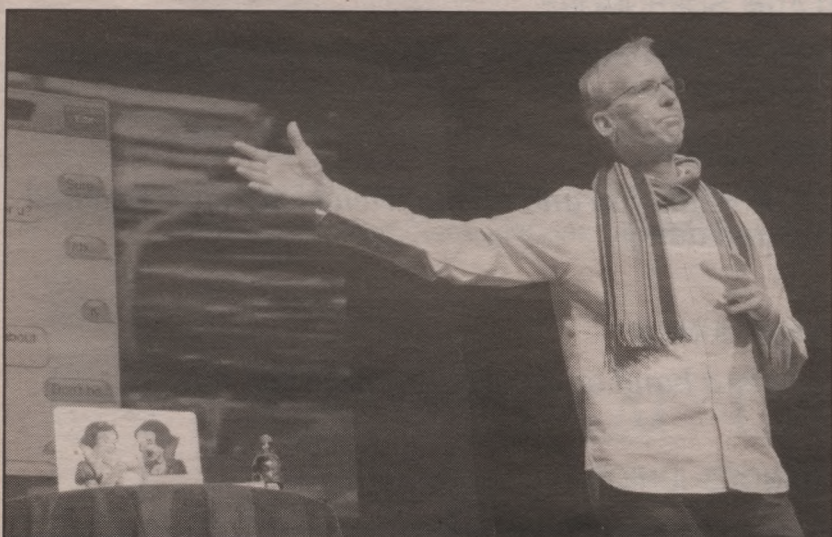


PHOTO COURTESY OF SEAN ELLIOTT

FRANK WARREN, THE CREATOR OF POST SECRET, TALKS AT SACRED HEART.

## COLD WEATHER

### MARKsays...



What happened to everyone joyously singing along to "White Christmas," and asking for snow? A week after Christmas it's almost as though everyone immediately resists and protests a single flake of snow falling from the sky, God forbid there's accumulation, which is just completely out of the question.

I love snow, always have and always will. How could you not like it? Don't get me wrong I understand most people's frustrations with it, but I cannot understand the people who act like snow ruins their lives. Come on, who could deny a few life threatening runs down the local sledding hill, and the endless

chances to nail your friend in the face with a snowball (that will never get old) or even taking the advantage of surprising your friend and tackling them and being caught by a nice bed of snow.

I am no stranger to complaining about the snow, for instance I spent the entire minute long drive from Park Avenue to Eckart Street fishtailing; my 1994 Mustang cannot even begin to handle the snow. But once I get my car home safe and I step out of the driver's side, it's like I am in a completely different place, anything looks better with a touch of snow on top of it and one or two icicles hanging from it.

I have only fond memories of snow growing up and I believe that is another reason I love it. Growing up I used to always make my way to my friends' houses to build igloos, get a good snowball fight initiated, or trekk out to sled down the hill the a bridge near my house, and I can't forget to mention the time spent inside warming up after hours out in the freezing cold, enjoying soup and hot chocolate until you forced yourself into a food coma.

Give the snow a chance next time it's in the forecast. Don't immediately dismiss the idea that you can have a good time. Get out there, build a snowman, let your drinks chill in Mother Nature's refrigerator and enjoy yourself.

### AMYsays...



plicit. Explicit. Maybe that did make me feel better, but lets be serious-- I don't live in Alaska for a reason (even though I heard it's quite lovely.)

I am from Massachusetts and it's funny to see how Connecticut deals with the elements. Every time it snows, this state seems to go on an apocalyptic rampage. Salting roads two inches deep, cancelling life, and basically urging the greater half of the community to just stay inside and remain motionless. It's almost as if the world freezes as soon as the temperature falls under 30 degrees. (That's a pun about cold weather.) Anyways, I have a different approach.

There is no need to go into hibernation mode as soon as you have to put on a sweater. If you need some extra help defrosting I suggest blow-drying your hair, and possibly your whole body while you're at it! If you can manage to rip the clothes that have recently froze to your body on your walk home then take a scorching shower for an hour and replace them with some comfy sweats.

Under no circumstances should you turn to social media as your "cold weather outlet." I get it everyone it's cold outside. I actually have the luxury of walking out the door and experiencing it for myself, thanks. If you aren't posting a lovely picture of the newly fallen snow with you and your significant other nuzzling together, just save it. I don't really need to hear about your cold walk to class. My hair actually froze when I got out of swim practice the other day. Did I tweet about it? No. I did get to tweet about what I had for breakfast that morning. Thank goodness, that is the bigger issue here, folks.

My advice. Go tune into some Bon Iver, wrap yourself up in an afghan and if you are warm enough to produce actual tears, have yourself a good cry. I do feel your mid-winter pain. But we are New Englanders; we live for this stuff!

The nation is experiencing quite the cold snap this month. Snowstorm after snowstorm! The people of LA had to wear two tank tops to work today—God only knows what they wore in North Dakota. All we know is the holiday season is far behind us and the only thing most have to look forward to is spring break. In the mean time we have this whole "in between period" to get through. I'd like to think that there is more to life than just getting through it. Besides, I sort of like walking through a wind tunnel in perpetual fear of wiping out every time I take a step outside. It's endearing.

I see you, staring into the cold air and as it politely yells back at you, you wonder how many days there are until warm air. The groundhog was shadow-less this year. The first day of spring is March 20th this year. We have 29. That's all. 29 days. I mean Jesus walked for 40 days and 40 nights in the desert—with no food. I think we can handle a little cold weather.

Last week, my English professor started my 8 a.m. class by saying it is currently 12 degrees outside. As my drooping head tilted up slightly, he continued by saying that it is 35 degrees colder in Alaska. That would make it um oh that's right, negative 23 degrees! Ex-



# Perspectives

## Glimpse Into the Student-Athlete Perspective

BY NICOLE CANNIZZARO  
Staff Reporter

Have you ever wondered how the student-athlete does it? How they effectively handle a full time job on top of focusing on school?

Sacred Heart University fields 31 division-one varsity teams. These athletes work year-round to make their peers proud Pioneers.

Student athletes become a member of a team, which they end up spending the majority of their time with, some even end up living together on and off campus. They have a daily routine with the same people for the rest of their athletic careers as college students.

"It makes it easier to get adjusted to campus because there's so many people that you're already friends with that help you feel comfortable and more like you fit in," said sophomore Becky Smith, member of the dance team.

Getting accustomed to being a college student includes adjusting to living on your own, studying, going to classes, and making sure you still find time to keep your social life. But if you're also a college athlete you have to add in all the time you'll spend at games, practices and team events as well.

As stated on the Sacred Heart Athletics website, "Our athletic programs are predicated on the philosophy that success in the classroom and positive participation in the greater University community will lead to success on the

athletic field."

Most teams at Sacred Heart University have team study hall hours, which freshmen and athletes under a certain grade point average must attend weekly to help keep their academics a priority. When trying to stay on track with your athletics and studies, teammates end up having to rely on each other to keep up with their requirements in classes so that they can all make it to the field and win.

"It's hard to find a balance between practice and school, but there's certain provisions in place for us that make it easier. Time management is the biggest difficulty being a student athlete, but soccer motivates me to stay on the straight and narrow and behave myself," said sophomore Callum Smith, member of the men's soccer team.

Along with grades, student athletes must keep their emotions about their athletic performances in check.

"It makes everything a lot easier cause you have so many people to share the same experiences with, bad and good. It has more pros than cons because you have a strong support system there for you," said sophomore Dana Cosmedy, member of the women's soccer team.

Through wins and losses the Pioneers are united.

"I'm on the fencing team and we're undefeated conference champions for the past two years, and conference champions for the past three years. It takes a lot of dedication and traveling time out of your days. We go to Ivy League schools and things like that, everything we do revolves around teamwork even though it ends up being an individual sport competitively," said senior Sean Vilar, member of the fencing team at Sacred Heart.

"Whether we are winning or losing, one thing remains a constant, and that is the teammates that never leave my side," said senior Lizzy Bennett, captain of the women's swim team.

The University does everything they can to help student-athletes be successful.

The Student-Athlete Advisory Committee, known as S.A.A.C, is one helpful organization, which does a lot to help student athletes on campus make the most of their time and take advantage of being on a team. They host events to get students involved; like the student athlete auction. They also get the athletes involved in the community with things like the literacy program at the Dunbar school in Bridgeport, which has gotten national recognition.

"The S.A.A.C. has made the teams more well known through the community of Bridgeport, and we get more support at our games," said sophomore Andrew Bregna, member of the men's soccer team.

The athletes this year have given Sacred Heart many victories, including NEC champs in football and in women's indoor track and field and men's and women's fencing.

"I think it's great that SHU athletics is starting to compete at the highest level, hopefully we continue to build a prominent athletic program," said sophomore Ryan Byrne, member of the football team. "Not only are we friends on the team, but now after we've won we have become more of a family because we're all working towards a common goal."

## What do YOU think of Steve Aoki?



### BRENDAN FINNIGAN SENIOR

*I think it's better than some other names I heard floating around in the rumor mill.*

### OLIVIA DECAS FRESHMAN

*Pretty bummed, should've been Taylor Swift.*

### JULIA PEDERSON FRESHMAN

*Decent choice, people are familiar with one or two songs, but that's the extent of it.*

### JILL CROSBY FRESHMAN

*I'll be there singing "Pursuit of Happiness" and screaming "We Hit Turbulence," but that's about it.*

### MALVINA REINHOLD JUNIOR

*One word: awesome.*

### SARAH KLAUM SOPHOMORE

*I love the song "Turbulence," it's my favorite pump up song.*

### ERIN DUGAN JUNIOR

*I think it'll be really fun and all my friends are super excited to dress up and dance.*

### MARIE NAKOS JUNIOR

*I would prefer a band or an artist rather than a DJ.*

### GEOFF CONNORS JUNIOR

*I don't even know who Steve Aoki is.*



# Editorials

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## What if?

**TAYLOR LANE**  
FEATURES EDITOR

I recently saw a campaign that made me think about a better world. It comes down to simple choices on a personal level that drive the government to make big changes at the federal level. It started with one question:

What if we cared more about those living in poverty than the rich and famous?

What if our annual giving to charitable foundations topped our annual spending on tobacco products?

What if a healthy meal complete with locally grown vegetables was more affordable than a meal at McDonalds?

What if abolishing today's rape culture was supported as much as the Super Bowl?

What if society was more concerned with destroying the high divorce rate than the possibility of gay marriage?

What if the 3.5 million homeless Americans could be housed in the 18.5 million foreclosed homes in the nation?

What if our senators and representatives weren't separated by party labels and worked efficiently to make changes for the nation?

What if our government approval rate was higher than the rate of domestic violence?

What if we complimented a stranger for every time we posted something on social media?

What if our veterans were treated as well as our Olympians?

What if the price per day of going to college matched the money earned per day for a minimum wage job?

And what if all of this didn't seem so impossible?

It starts with conversations, decisions, petitions, movements, media attention, government support, and then finally change is made. But what if more people started to think about the seemingly impossible? What if we dreamt a bit more, believed a bit more, and got a little more courageous? Maybe our generation would be remembered for something other than narcissism and obsession with technology; we could be remembered for changing the world.

## Yes, I like NASCAR. No, I'm not from the South.

**EMILY ARCHACKI**  
ASST. NEWS EDITOR



It's that time of year again: the lull between the end of the football season, it is not quite March Madness yet, and baseball spring training is about a week away. For myself, this is my favorite time of the year, the beginning of the NASCAR season. Now you may be thinking, "Oh, NASCAR, that's boring. The drivers only make left-hand turns and drive around in circles." Yes, there are plenty of left-hand turns, unless the race is held on the occasional road course, but it is much more than that.

To begin, my love of NASCAR started at an early age. One of the very first races I remember watching was the Daytona 500 of 2001, where Dale Earnhardt Sr. was killed in a wreck that occurred during the final lap. After that, my parents continued to watch the races and I did as well. I also began to cheer on my favorite driver, Dale Earnhardt Jr. He is my favorite because although he may not win races all the time, he consistently finishes well and it was interesting to see how he would live up to his father's legacy. My childhood spent watching races every weekend has developed into a love for a sport many people misunder-

stand.

NASCAR, the National Association for Stock Car Auto Racing, has one of the longest seasons for a sport; it lasts from February until November of each year. I love it because it has consistency the races are always on the weekend. Visually, it is a great sport to watch – the colorful cars speeding around at over 180 mph, the roar of the engines and the cheers of the fans. The race is more than going around in a circle for hundreds of miles though. The key to each race is strategy. How can the car be adjusted to run well? How many laps can be made on fuel mileage? How can the drivers work with their teammates to make it to the front?

The kickoff to the NASCAR season is being held Sunday. The first race of the season, the Daytona 500, is essentially the "Super Bowl" of the racing world. I am beyond excited for this season, not only to see how my favorite driver will do, but because there have been so many developments. There is a new system to determine which driver will win the championship at the end of the season, organized as elimination

rounds, rather than the same group of drivers being eligible for the title. Additionally, there is a large group of rookie drivers, one of the largest ever, all fighting for the title of "Rookie of the Year." One of the most talked about rookies this season is Austin Dillon. He will be driving the No. 3 car, which has not been driven in a NASCAR Sprint Cup race since the death of Dale Earnhardt Sr. 13 years ago. Unlike other sports NASCAR does not retire numbers, and the No. 3 was synonymous with Earnhardt Sr. so it just stayed off the track. Dillon is the grandson of Earnhardt Sr.'s crew chief, who had the rights to the No. 3 and made the decision to bring it back. I think this will be interesting seeing how fans react to that alone.

All in all, now you know a little bit more about the sport of NASCAR. I may not have made you like NASCAR, or I may have sparked your interest. Regardless, everyone has his or her favorite sport. But for myself, I always look forward to the roar of an engine and the wave of a checkered flag.

*Correction: In the Feb. 12 issue, an article on public safety by Phil Falcone incorrectly referred to Quinnipiac University as having "armed police in front of their campus." The reports on this actually refer to training and arming certain officers to respond to emergencies at the university.*

*The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.*

*Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.*



# Features

## LessThanUThink Makes Its Campus Debut



STUDENTS ARE BUZZING ABOUT THE COMICAL LTUT CAMPAIGN POSTERS

BY RAY MORRISSEY  
Staff Reporter

A team of Sacred Heart University students have come together to raise awareness among their peers. The LessThanUThink (LTUT) campaign is intended to shed light on the subject of binge drinking. The word has spread through different on-campus events, such as "Pack the Pitt" and "Beach Party," which they hosted themselves.

Aside from the on-campus events, this group has gained recognition from the student body with their posters. The posters contain humorous messages dealing with overconsumption and the negative consequences that follow.

Junior Nicole Trommelen shared her

favorite poster, which reads, "U think you have good pick up lines...and you did. Four drinks ago."

Another few examples of the comical expressions displayed on the posters are, "U think you can make it to the 4th quarter?...and you could. Four drinks ago," and "U think you won't order messy fries? And you wouldn't. Four drinks ago."

These comical posters create relatable situations that many students can connect with.

"The posters do a good job of creating scenarios that probably all of us fall victim to, at least one time or another. I, myself, almost forgot to close a bar tab last weekend," said Dillon Coughlin.

Coughlin referred back to a poster that he saw on campus. The poster read, "U think you'll remember to close your bar

tab...and you would. Four drinks ago."

In an attempt to spread the awareness even further, the group became involved with social networking. This began when the student team wrote #LTUT on a majority of the white boards throughout classrooms on our campus. The hashtag alone helped sparked interest from the student body when they began to wonder what the trend stood for.

"Many students have begun to like the campaign on Facebook and Twitter. Through these sites, students can get more information on the dangers of binge drinking, while at the same time become a factor of spreading the word as well," said Trommelen.

With warm weather and spring break just around the corner, LTUT have enhanced their effort to assure their message

will be absorbed.

"Spring break is a time where every student wants to enjoy themselves while they get away from their school work. I felt that LTUT was the perfect campaign designed to help students stay safe, but still have the chance to enjoy their vacation," said Trommelen.

This campaign has spread rapidly even prior to its existence at Sacred Heart. Trommelen also explained they became involved through the University of Alabama.

"We work extremely close with the team from Alabama. They have helped us spread the word about various events and even continue to help us with the planning as we move forward from here," said Trommelen.

For more information on the LTUT campaign visit [LessThanUthink.org](http://LessThanUthink.org).

## Sacred Heart Showcases "An Uneasy Peace"



PHOTO COURTESY OF SEAN ELLIOTT



# Features

## Website of the Week: Dedicated Music Tribe

Giorgio Scalone turned his love for music into a business with [www.dedicatedmusictribe.com](http://www.dedicatedmusictribe.com)

Gigg - Mars - Produced By PreeRecord & DJ Boy Wonda

Follow Gigg on Twitter & Instagram: @GiggMusic



SCALONE POSTS ORIGINAL AND AFFILIATED ARTIST'S MUSIC ON HIS WEBSITE [WWW.DEDICATEDMUSICTRIBE.COM](http://WWW.DEDICATEDMUSICTRIBE.COM)

BY KELLY ROMANO  
Staff Reporter

Giorgio Scalone, better known as "Gigg," has been chasing his dream of becoming a musician for years. It was only a month ago that the senior took the next step to create a website for his music and a recording studio in the basement of his house in Bergen County, N.J.

"Music Tribe was a group that my friend Derek and I started a while ago," said Scalone.

Scalone and his partner, Derek "Saint" Nino, started the group called "Dedicated Music Tribe," also known as DMT. They recently decided to put some money into their company and website and it is now incorporated. This production company and music group helps other artists with a goal and a dream to achieve their desired career.

"We decided to put some money into a website to get spotlights for Tribal affiliates," said Scalone.

The site, [www.dedicatedmusictribe.com](http://www.dedicatedmusictribe.com), releases remixed songs where users can comment and provide opinions.

They also offer recording and "mixing & mastering" deals to anyone who wants to record with them. The site has package deals and different rates for whatever the public wants to record.

"Our recording studio is open to the public and any artist that is willing to work with us," said Scalone.

The site states their mission as "providing artists with a vision and the proper assistance to elevate his or her

desired career."

Scalone and Nino are co-CEO's of the business and the CFO is Brian Kirk, who is a senior at St. Leo University in Florida. Don Devone is the head of producing/mixing and mastering, Connor Reilly is the head guitarist and creative developer, and the head of photography and videography is Peter Kang.

DMT has a lot of experience performing, giving them the ability to create a large following.

"Our biggest performance was when we played at the A3C Festival in Atlanta, Georgia. It is the biggest hip-hop festival on the East Coast," said Scalone.

DMT has performed at Webster Hall, Spotlight Showcase, School of Rock, on campus and they try to perform weekly at the Acoustic Café at open mic night. The next show is on March 4 at Webster Hall in New York City.

As the number of views on their website increases daily, their small business continues to grow.

"We are planning to have a full length album in early March with PreedomWorld, as the producers and production label," said Scalone.

DMT signed a record label last year but did not follow through.

Moving forward, Scalone and Nino are going to start producing a song with award-winning singer/songwriters Matthew Sholts and Driicky Gram, called "Live Fast, Die Young." This will be the first big feature that they have ever done.

You can follow Scalone on social media, @GiggMu-

sic and follow Nino, @DMTSaint. If you are interested in pursuing a career in music or are interested in being a musician, DMT can be contacted on their Web page under the tab "Contact Us."

"As long as you're dedicated, you are welcome. We want people who do it for the love of music," said Scalone.



SCREENSHOT FROM [WWW.DEDICATEDMUSICTRIBE.COM](http://WWW.DEDICATEDMUSICTRIBE.COM)

## Delta Tau Delta Prepares For White Ribbon Campaign

BY KELLY ROMANO  
Staff Reporter

Next Wednesday, Delta Tau Delta will be holding an event called the White Ribbon Campaign in the University Commons. The White Ribbon Campaign is dedicated to ending men's violence against women.

Males of all ages can participate in the event, which includes education on the topic of gender-related violence. The program will challenge their language and behaviors. They will be educated on what cultural ideas of manhood lead to violence towards women and how to prevent that from happening.

This event has an additional challenge for its participants.

Freshman student and DTD's local

philanthropy chair, Joseph Barone, said, "We will be taking pledges to not abuse women in any shape or form."

The White Ribbon Campaign was founded on December 6, 1989, when 14 women were killed by an anti-feminist in Montreal.

According to their website, "White Ribbon is the world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity."

Now the fraternity of Delta Tau Delta has decided to bring this global cause a little closer to home.

The One Love Foundation, which educates people on ending relationship violence, will also be represented at the event. The One Love Foundation just recently launched an app for smart phones

that provides 24/7 support for victims and provides them with a plan of action.

The event will also include games, crafts, catered food, and a DJ for entertainment.

This event goes hand-in-hand with DTD's philanthropy mission, which is date rape and sexual abuse awareness.

Gregory Kline, a sophomore member of Delta Tau Delta, said, "This philanthropy has become even more important to me as I have met more victims and survivors, heard them speak and learned more about domestic abuse."

According to domesticviolencestatistics.org, men who had witnessed domestic violence as a child were twice as likely to abuse their own wives than sons of nonviolent parents.

The Sacred Heart community is very receptive of this cause.

"Students at the University and members of the community really get behind us with support. It just shows how important what we do really is," said Kline. "It's extremely important for young people to be aware of domestic violence because it's all too common and, also, not talked about nearly enough, and that's what we're trying to do with this event."

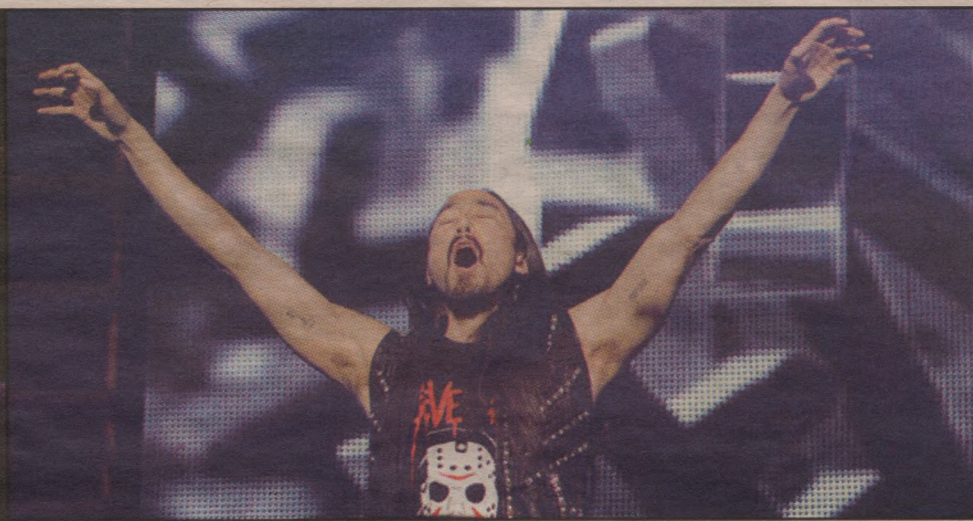
The members of Delta Tau Delta want to educate young people on the serious issue. Some members were motivated to join because of the philanthropy mission.

"This philanthropy and event really means a lot to me, it is one of the reasons I joined this fraternity. Helping educate others on a serious topic like this is a great thing, it's something people need to know about," said freshman Daniel Digregorio.



# Arts & Entertainment

## AOKI TIME



AP PHOTOS

STEVE AOKI IS THIS YEAR'S SPRING CONCERT GUEST.

BY ADREANNA WALSH  
Staff Reporter

Every year on campus, there is a spring concert held in the William H. Pitt Center.

Many students anticipate the day when the spring concert artist will be announced. Just released on Feb. 13, DJ Steve Aoki is this year's guest.

Aoki is a 36 year-old American electro-house musician, Grammy nominated record producer and founder of Dim Mak Records back in 1996.

House music is a genre of electronic dance music, which is known today as "EDM". It includes different beats and rhythms, and sometimes there aren't any lyrics. It's a popular genre that DJ's play in clubs as well.

EDM has become increasingly popular within the past two years.

"I really like house music so I'm definitely excited for this concert and I'm

glad it's on campus," said sophomore Alex Marrero.

Aoki has played at many famous Electronic Dance Music festivals such as Electric Daisy Carnival, Electric Zoo, and Ultra Music Festival. Electric Daisy Carnival takes place in New York and Las Vegas, while Electric Zoo is only in New York and Ultra is held in Miami.

Some people may not expect such a well known artist such as Aoki to come to Sacred Heart.

"The fact that Steve Aoki is a huge EDM artist and he's coming to SHU is crazy," said freshman Nick Deleonardis.

Aoki plays at many events and shows by himself and he also plays with other DJ's. He is known for being wild by spraying champagne at his fans during most of his shows. He goes on tours around the country and is a prominent name in the EDM community.

One of Aoki's most notable songs is, "Boneless." Aoki has over one million fol-

lowers on Twitter. His music is available on YouTube and iTunes, and he's on several social media websites such as Facebook, Instagram, and Twitter.

Amy Ricci, the Director of Student Activities, and her team were the individuals behind getting Aoki to come to Sacred Heart.

"We found that EDM was our best option this year and based on the availability of artists, as well as our dates here, Aoki came out on top," said Ricci.

The past two spring concerts have been Wiz Khalifa and Flo Rida, which were Pop and Hip-Hop artists.

"Having Steve Aoki is definitely different than the past concerts we've had here," said junior Katie Duda.

Taking a risk when choosing the spring concert artist this year was what Ricci wanted.

"This year we were able to explore a variety of genre's and wanted to provide something different; something we haven't

had on campus before," said Ricci.

Choosing a spring concert artist has the student activities group extremely busy.

"When booking a show, there are a lot of factors involved. We have to find someone who plays at college campuses and then who is touring during the spring and is available on the dates we have reserved at the Pitt Center," said Ricci.

The announcement has garnered a lot of positive feedback from students. The event will be held April 10 in the William H. Pitt Center located on campus. More information will be coming out soon to the university.

"It is sure to be a fun and energetic concert. We are so excited to see that the students are happy and looking forward to it," said Ricci.

## WSHU: The Classic

BY RICKY YANDOLI  
Staff Reporter

WSHU Public Radio Group is a national radio station that presents NPR News and Classical Music.

WSHU is owned by Sacred Heart University and is located in SHU's North parking lot behind the Ryan Matura library.

The radio station first aired in 1982 and has gone from a local to national audience and have never looked back.

The cities of license are located in Stamford, CT; Huntington Station, NY; Ridge, NY; and Noyack, NY.

However, not that many students around campus know what the small white building is in the parking lot.

"No, I didn't know there was a radio station in the north lot. The only radio station I was aware of was the one across from 63's," said freshman Scarlet Olivo.

WSHU wants Sacred Heart students to have more awareness about what they do. Awareness would draw more students closer to what is being heard around the country.

"WSHU may be a well-kept secret, this year we're celebrating our 30th year as an official NPR member station, but many students may not realize that we exist, or know exactly who we are," said General Manager George Lombardi. "We air highly regarded NPR programs, our own award-winning local news coverage, and classical music, so I encourage students to tune in and see what we're all about."

Lombardi is an alumnus of Sacred Heart University. He has been involved with WSHU for 32 years. That was even before they were even a full-fledged NPR station.

"I've been with WSHU since before we were even a professional, full-fledged NPR station, 32 years," said Lombardi. "It's always been a pleasure and a challenge for me to help the station grow, and to have been a witness to its amazing evolution to a highly regarded group of public radio stations that have won countless awards including two national Edward R. Murrow awards."

Lombardi has had a consistent passion for WSHU Public Radio Group that does not seem to be stopping anytime soon. His goal is for everyone around Sacred Heart University to know that even though WSHU has been around for 30 plus years there are improvements coming.

"Today, WSHU is in the early stages of a "Capital Campaign", to raise the money to build new studios and offices and upgrade to a fully digital operation," said Lombardi.

While Lombardi is doing everything he possibly can to further the radio station, there are current students on campus who do not know why the station is not promoted enough.

More promotion on campus would help out WSHU's cause to not only attract attention, but also to gain a wider audience of Sacred Heart students.

"I've always liked the radio station, but wondered why it was never promoted



THE SPECTRUM/ALYSSA ANDERSON

WSHU IS OWNED BY SACRED HEART UNIVERSITY AND IS LOCATED IN SHU'S NORTH PARKING LOT.

or talked about on our campus even though the building is right in SHU's parking lot," said senior Lauren Gripp.

With that being said, WSHU has helped out one student in particular. Joe Berry is an imperative piece of the team at WSHU encompassing both a student's perspective and a radio viewpoint.

"WSHU is one of the only media outlets that you can learn something from. Hopefully WHRT Radio will continue to have good relations with WSHU in the future," said Joe Berry President/ General Manager of WHRT radio.

Despite many students who are unfamiliar with the station, the future for WSHU Public Radio Group seems to be heading in an upward direction.

The link to there website is <http://wshu.org/>

Copy Editor Mark Podesta  
contributed to this article



# Arts & Entertainment

## Mare Reads... And Watches Movies Too!

BY MARE MCGOORTY  
Contributing Writer

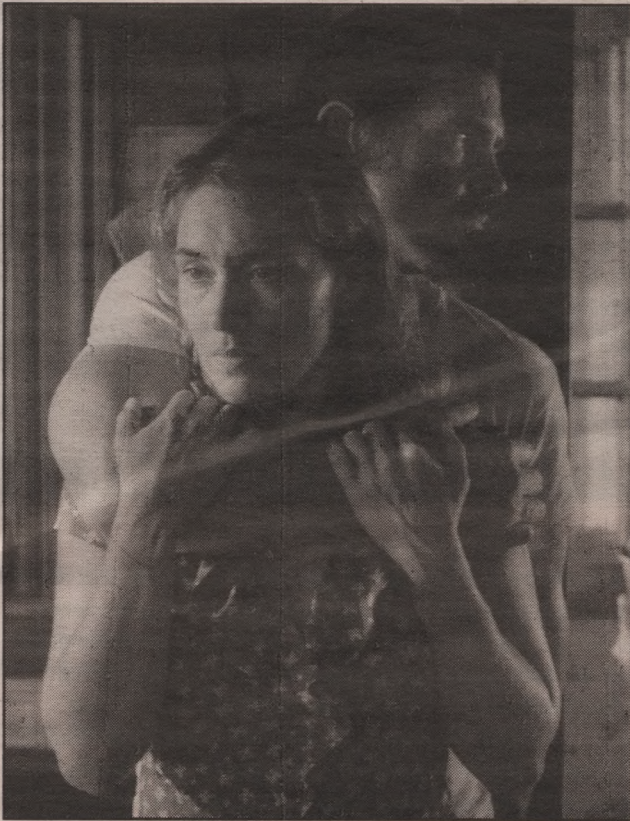
Hey guys, me again. Just to recap from last week's paper: My goal this semester is to read books that are making their way to the silver screen.

In this process, I will take into consideration, the film as its own creative entity, along with it's novel counterpart. I want to be your guide and let you know whether to read the book, skip the movie, skip the book, or read and watch, because some books and movies are just that good! (Hunger Games anyone?!) Anyways let me dive right in.

This week I went to see the film, "Labor Day," starring Kate Winslet and Josh Brolin. Just to quickly summarize what happens in the movie/book- Kate Winslet's character, Adele Wheeler and her son Henry meet a man, Frank Chambers (Brolin) who convinces them to let him into their home. Only for Adele and Henry to find out later he is an escaped convict. The story then progresses and develops the relationship between Adele and Frank who then fall in love over the course of the long weekend, Labor Day weekend to be exact.

Overall, the film was not that impressive which was shocking to me because of the cast. I shouldn't be too shocked as it received a 32% on the Tomatometer on Rotten Tomatoes. I did take notice however to how much the movie reflected the book. I guess I thought that was nice to keep the integrity of Maynard's writing, however I'm not sure it struck out of the park for me in the film. Though the book wasn't my favorite.

I guess at the time I read the book I didn't realize how weird the whole storyline was. I felt as though reading the



KATE WINSLET AS ADELE, JOSH BROLIN AS FRANK AND GAT-LIN GRIFFITH AS HENRY IN THE FEATURE FILM, "LABOR DAY."

book and taking in the visuals myself I did not picture what the movie portrayed. For instance in the book, I visualized the love between Adele and Frank to be a lot more flirtatious and innocent, but in the movie I was taken a back. Even

how Frank's jail time translated from book to movie felt odd to me. Then the whole idea of how he went to jail just seemed completely obscene. He went to jail for complete accidents that happened, he pushed his wife who was mocking him and then his grandmother had a stroke and drowned his baby, yet he gets blamed for all three deaths. I felt like it was just a weak storyline.

The few things that I feel like most viewers would like are some of the actors that are involved. The storyline is told through narration by Toby McGuire: who plays an older Henry. Then there is the late 90's heartthrob James Van Der Beek, who plays the cop looking for Frank throughout the film. He was my favorite part, because it's nice seeing an actor you know playing a side character and not necessarily the lead. (Oh, and he is very attractive.)

Overall I'd have to say the book was much better than the movie. Though the movie did stick to most of the books entirety, I don't believe this was a story to be told on screen. The novel by Joyce Maynard is more of a read by the fire type of deal. It is hard for directors, and screenwriters to convert a book to the medium of film, and unfortunately they did not succeed with this one. However, I think they would have faired well to change up a few plot points, etc. to make it a little more intriguing.

Next week I will be seeing "Monuments Men" directed by George Clooney. We'll see how this adaptation holds up... Stay tuned!

MYFINALRATING:  
Read the book – Skip the movie

## WHAT'S MORE IMPRESSIVE THAN OUR STATS? OUR GRADUATES.

At Quinnipiac University, our students are our main focus. It's why we offer graduate degrees in fields ranging from business to health sciences. It's also why Quinnipiac was ranked among the top master's-level universities in the North by *U.S. News & World Report* and first in the northern region in *U.S. News' Up-and-Coming Schools* category. To find out how Quinnipiac can help you succeed in your career, call 1-800-462-1944, e-mail [graduate@quinnipiac.edu](mailto:graduate@quinnipiac.edu) or visit [www.quinnipiac.edu/gradprograms](http://www.quinnipiac.edu/gradprograms).

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Public Relations	(Chartered Financial Analyst)
Law	MBA/HCM (Health Care Management)**
Medicine	MBA-SCM (Supply Chain Management)
Health Sciences	MBA/JD (Joint degree in business and law)
Anesthesiologist Assistant	Organizational Leadership*
Biomedical Sciences	*Program offered only online
Cardiovascular Perfusion	**Program offered on campus or online
Occupational Therapy (post-professional)*	
Pathologists' Assistant	
Physician Assistant	
Radiologist Assistant	



# Sports

## Pioneers Tie On Senior Day



PHOTO COURTESY OF ERIN MARLEY

BY MACKENZIE MALLOY  
Staff Reporter

The Sacred Heart women's hockey team fell 4-1 to the Franklin Pierce Ravens on Friday night before tying with the Ravens Saturday afternoon on Senior Day.

Senior goaltender Alexius Schutt had 40 saves, keeping the Pioneers in the game Friday night. Schutt also killed off all 5 of Franklin Pierce's power plays.

Franklin Pierce dominated the first period, outshooting Sacred Heart 16-3, yet Schutt only allowed 1 goal in the period.

The second period was more of the same with a strong attack by Franklin Pierce, but the Pioneers held their own. Neither team scored in the second period, leaving the Pioneers within one goal of Franklin Pierce going into the third period.

Early in the third period, the Pioneers tied the game with sophomore Hanna Skelley knocking the puck

into the back of the net off a rebound. The goal was scored during a power play, 1-of-5 on the day for the Pioneers.

Franklin Pierce responded, scoring 3 more goals in the third period for the 4-1 victory. Franklin Pierce doubled the Pioneers in shots, 44-22, on the evening.

"The team fought hard Friday night, but Franklin Pierce had more shots on net than us and we just couldn't find the rhythm to score," said senior Catie Ladner.

The Pioneers played Franklin Pierce again on Saturday, where the Pioneers honored the team's nine departing seniors.

Junior Alex Davis scored the Pioneer's only goal, in the third period, tying the game 1-1 at the Wonderland of Ice. The Pioneers finish the regular season 6-14-6.

Schutt again was huge for the Pioneers, saving 46 shots to keep Sacred Heart in the game all day.

Sacred Heart had a tough time in the first period keeping up with Franklin Pierce, as they outshot Sacred Heart 15-1.

In the second period, both teams killed a couple of

penalties and Franklin Pierce took a 1-0 lead heading into the third. Schutt had 14 saves during the second period.

The Pioneers battled hard in the third period. Davis cleaned up a rebound off a breakaway from senior Sarah Hanna. Hanna's shot was initially denied by Franklin Pierce but Davis was able to knock it in.

The game went into overtime, where Schutt made a couple of great saves. Neither team could bang in the game-winner and Franklin Pierce and Sacred Heart tied for the first time this season.

"It would have been nice to get a win for the senior's last game at the Wonderland, but the team really fought hard," said senior Erin Marley.

Sacred Heart finishes the season this weekend at the ECAC Open Tournament at Holy Cross.

## Pioneers Slump Continues Back Home

BY KATIE SHEPARD AND SAM BUTLER  
Sports Editor and Assistant Sports Editor

Saturday, the Sacred Heart women's basketball team dropped their fourth straight game, to Mount St. Mary's, 76-63. The loss snapped a seven-game home winning streak for the Pioneers. Sacred Heart is now 7-6 in Northeast Conference play and 10-14 overall.

The Pioneers were led by junior guard Gabby Washington, tallying 18 points and 5 rebounds, while freshman Caitlyn Abela tied her career high with 16 points of her own. Junior Katie Shepard and freshman Adaysha Williams rounded out the Pioneers with double figure scoring, with 15 and 10, respectively.

"It's frustrating for us right now," Williams said. "We have to come together and get back to being cohesive and playing a complete game all together."

A slow start for both teams led to a low scoring first 4 minutes before the action heated up. The Mount took a small lead with just under 13 minutes to play in the first half before Abela and Shepard knocked down back-to-back triples to give Sacred Heart their first lead of the game.

However, the Pioneers were very limited down the stretch of the first half while the Mount continued their hot shooting, especially from long distance. The Mount led at the half, 33-24.

"We dug ourselves quite a hole today," Washington said. "We didn't play a complete game and it's tough to win when you play like we did today."

The second half was more of the Mount dominating performance on the offensive end, knocking down shots and crashing the glass for extra possessions. Midway through the second half the Mount had their largest lead of the game at 22 points.



PHOTO COURTESY OF SEAN ELLIOTT

GABBY WASHINGTON SWOOPS INTO THE PAINT.

The Pioneers continued to battle, cutting it to 10 points with just under two minutes to play, but that was as close as they got before the Mount capitalized on free throw opportunities to seal the victory.

"We really fought at the end, but there just wasn't enough time to come all the way back," Williams said.

Sacred Heart was back in action Monday evening against Saint Francis Brooklyn, results were not available at

press time.

The Pioneers now hit the road for a weekend showdown with Connecticut rival Central Connecticut State Saturday afternoon.

"We want to finish out the season strong," Shepard said. "We need to make a push in these last 4 games to put ourselves in a good place for the tournament in March."



# Sports

“When they wrestle with some attitude and emotion, they are able to compete at a higher level.”

-Andy Lausier, Head Coach Wrestling

## Wrestling Splits Sunday Meet



SACRED HEART MEN'S WRESTLING STUCK IT TO THE MAT THIS PAST SUNDAY.

SPECTRUM /ARCHIVE

BY NICK GAULIN  
Staff Reporter

The Sacred Heart University wrestling team came out of this past Sunday's matches with a 1-1 mark. The Pioneers lost 34-6 to Princeton, but responded with a 29-19 victory over AIC. The split decision is Sacred Heart's third dual match victory of this season.

Despite being defeated by Princeton, freshman Kyle Brady scored a pin in his match against Princeton's Jake Intrator. Brady's victory was the only one for the Pioneers against the Tigers this past weekend.

Senior Zach Moran, 174 pounds, had high praises for Brady after the conclusion of both matches.

"I thought Kyle Brady at 133 pounds wrestled very well," Moran said. "He started us off strong with a pin against Princeton, and a hard fought victory against a good AIC opponent."

The Pioneers' head coach Andrew Lausier had very positive views for his team after both matches.

"The team wrestled well this weekend," Lausier said. "I saw a lot of bright spots during the Princeton and AIC

matches."

Brady continued his dominance Sunday against AIC, winning his match with a 5-0 decision over AIC's Andrew Lischke. Moran rebounded from his loss against Princeton and scored a pin in his match against AIC.

"I wrestled both matches well," Moran said. "The first match I attacked with more of an offensive style and made

style of wrestling that embodies 'The Pioneers Way,'" Lausier said. "Brady, Moran, Casey Mitchell, and Conan Schuster all recorded pins, including a very fast 16 second pin by Schuster."

The Pioneers will close out their regular season with a match at Boston University on Feb. 22.

"We face a very tough Boston team this weekend, so to pick up a win is going to require a great week of training from our wrestlers," Lausier said. "I think the wrestlers learned a little something about themselves in the dual against AIC - that when they wrestle with some attitude and emotion, they are able to compete at a higher level."

For Moran, the upcoming match against the Terriers will be his final regular season contest with the Pioneers.

"As a fifth year athlete, I have seen the program hit bottom in my first two years. But now with a new coaching staff and excellent support, it has kick started into a promising future success story," Moran said. "I'm so glad to be part of it. I hope my impact will be made from my work ethic and character throughout my career, something that those in the program now and in the future can learn from."

some mistakes which ended up costing me the match. Whereas, the second match, I wrestled in a more controlled format and was able to pull out a pin."

Lausier commended both Brady and Moran along with the rest of the team for their overall performance on Sunday.

"We had four pins over the course of the two matches, so the wrestlers who got pins really showcased the

WHEN THEY WRESTLE  
WITH SOME ATTITUDE AND  
EMOTION, THEY ARE ABLE  
TO COMPETE AT A  
HIGHER LEVEL

## PLAYbyPLAY

### MEN'S ICE HOCKEY

2/14:

SACRED HEART 5, AMERICAN INT'L 4 OT

2/15:

SACRED HEART 6, AMERICAN INT'L 7

### MEN'S BASKETBALL

2/15:

SACRED HEART 69, CCSU 74

### MEN'S LACROSSE

2/15:

SACRED HEART 6, BINGHAMTON 8

## COMINGup

### MEN'S ICE HOCKEY

SACRED HEART (9-21) VS

BENTLEY (16-10-4)

Friday, 7 p.m.

SACRED HEART (9-21)

@ BENTLEY (16-10-4)

Saturday, 7 p.m.

### WOMEN'S BASKETBALL

SACRED HEART (10-14) @

CENTRAL CONNECTICUT STATE (9-14)

Saturday, 1 p.m.

### WOMEN'S LACROSSE

SACRED HEART (0-0) @

BROWN (0-0)

Sunday 1 p.m.



PHOTO COURTESY OF TIM DEMERS



# Sports

“We have to come together and get back to being cohesive and playing together.”  
-Adaysha Williams, Women's Basketball

## Club Hockey Does It Again

“There is nothing better than being able to get SHU on the map in the club hockey realm and showing the ACHA that no matter how small your school is, success is always attainable.”

**CAPTAIN CHRIS STAINES**

“It's tough to describe the feeling of winning two in a row. Ecstatic, proud, accomplished all come to my mind right away. This season is a long, tough season on the players and coaches mentally and physically. Not many people can say they have won a championship, but saying that we have won two in a row, that's really something special.”

**HEAD COACH RYAN DOUGHAN**

“It can only help club hockey and our entire club sports program. Club hockey at SHU is starting to become recognized by everyone in the Northeast as a top-tier program. We have received a lot of great feedback from teams that are National Championship contenders who want to play against us next season.”

**CLUB SPORTS ATHLETIC DIRECTOR  
RAY MENCIO**



PHOTO COURTESY OF KEN BADEAU

THE MEN'S CLUB HOCKEY TEAM ARE THE NECHA AMERICAN CONFERENCE CHAMPIONS

### PLAYERS of the WEEK

**ZACH  
MORAN**

**HOMETOWN** Columbia, Connecticut

**YEAR** Senior

**MAJOR** Exercise Science

**SPORT** Wrestling

**GOALS AFTER COLLEGE** Go to medical school

**STATS/AWARDS**

Helped defeat AIC on Sunday with a pin

**KOLBI  
SMITH**

**HOMETOWN** Valatie, New York

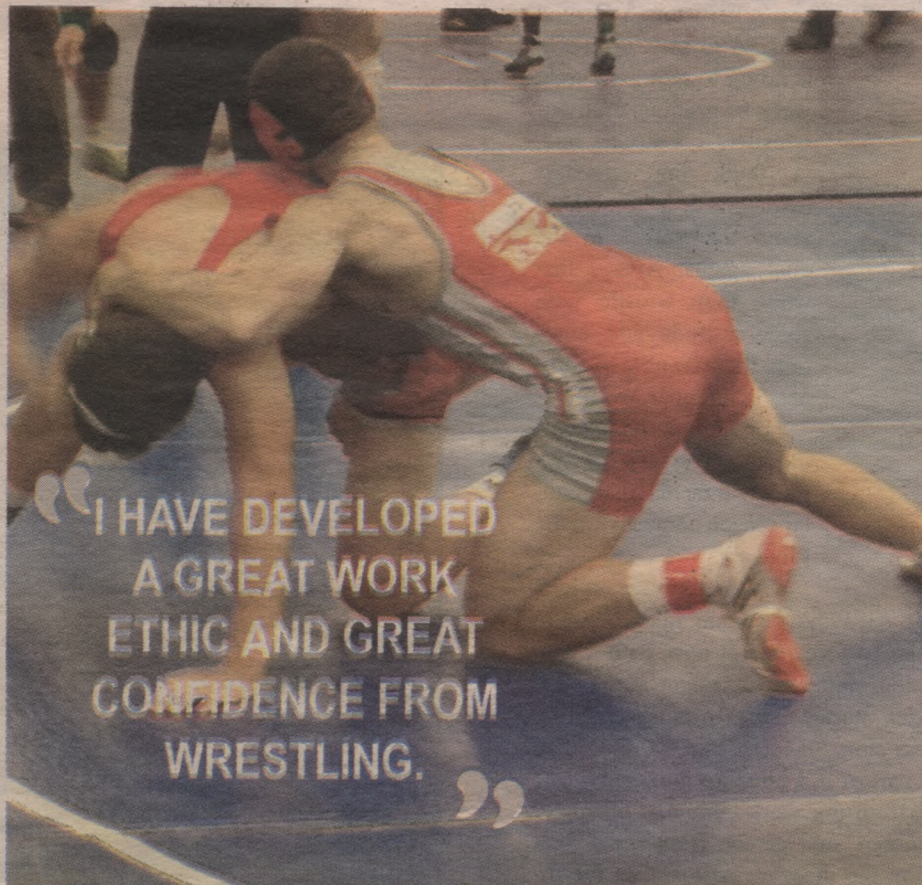
**YEAR** Senior

**MAJOR** Criminal Justice

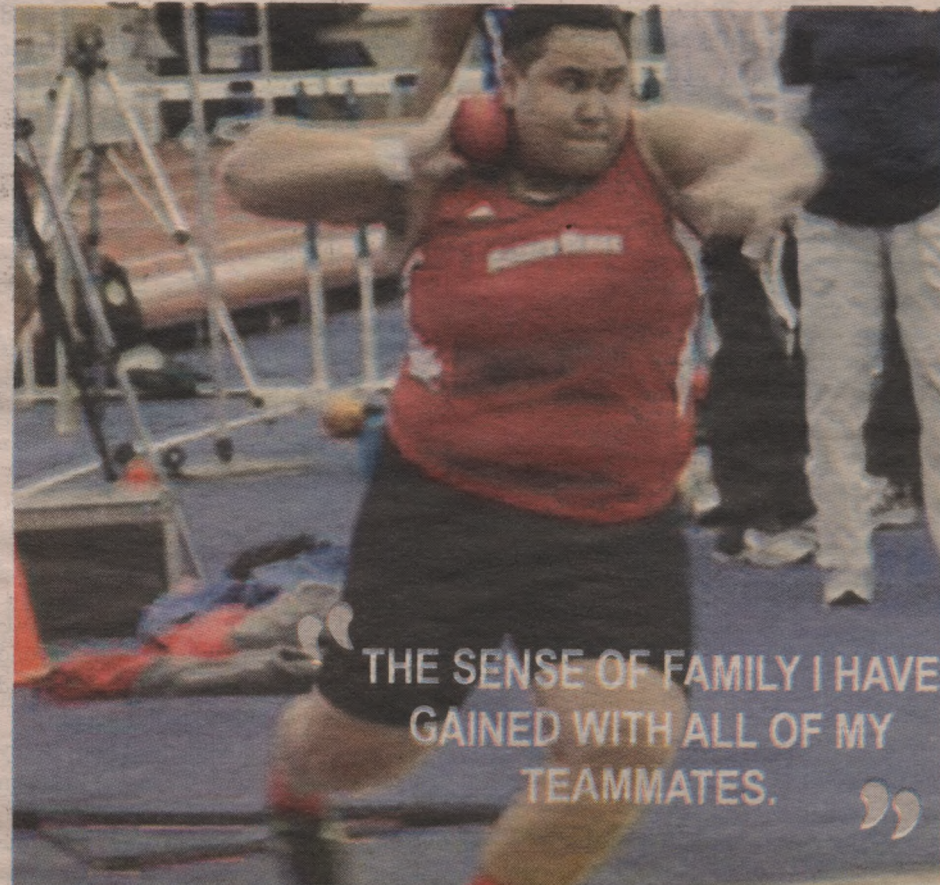
**SPORT** Track and Field, Thrower

**GOALS AFTER COLLEGE** Become a police officer

**STATS/AWARDS** NEC Indoor Champion for Shot Put and Weight Throw 2014



“I HAVE DEVELOPED  
A GREAT WORK  
ETHIC AND GREAT  
CONFIDENCE FROM  
WRESTLING.”



THE SENSE OF FAMILY I HAVE  
GAINED WITH ALL OF MY  
TEAMMATES.”

PHOTO COURTESY OF JOE ERDOS